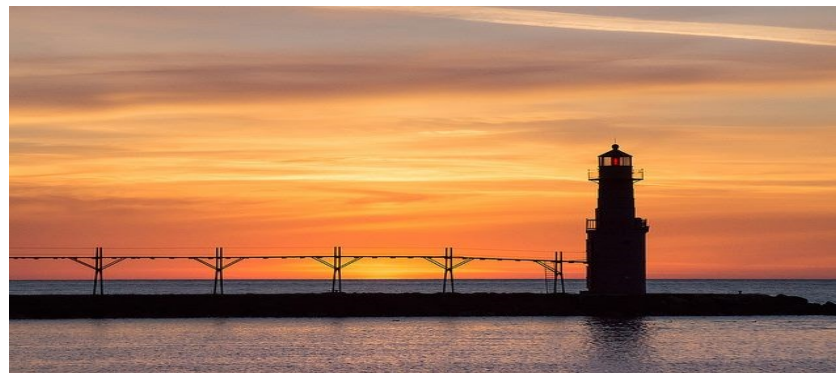


This resource was developed to assist individuals needing resources in order to make informed decisions. The Kewaunee County Public Health Department does not assume responsibility for the services nor does the Health Department endorse the content included in this resource.

This publication does not represent all businesses and organizations serving Kewaunee County. We have made every effort to make this resource useful to Kewaunee County residents. An organization's inclusion or exclusion is not a reflection of its merit.

Thank you to the Get Healthy Kewaunee County Committee Members and the Kewaunee County Fit Families Program Staff for their assistance in the creation of this brochure.

**Kewaunee County Public Health Department
810 Lincoln Street
Kewaunee, Wisconsin 54216
920-388-7160
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Activities to Stay Active In Kewaunee County



This booklet was created in partnership with the Get Healthy Kewaunee County Workgroup in an attempt to help Kewaunee County residents stay active. Physical Activity is an important aspect of health and wellness.

Activity helps to strengthen muscles, bones and tendons. It can lead to reduced injuries, and improves quality of life. It promotes normal growth, development and weight management. Other benefits include improved mood, better sleep, and protection from a number of diseases.

Physical activity requirements change depending on age. Even if you are not able to reach the requirements, adding activity is beneficial to your health. In older adults, activity can attenuate bone and muscle loss and lead to less falls and fractures. So it's time to get up, get active and keep your body alive and healthy!

World Trail (Around Luxemburg-Casco Sports Complex)

113 North Main Street, Luxemburg

920-845-2391

- 0.9 mile nature walking/running trail around the Luxemburg-Casco Sports Complex
- Four workout stations along trail
- Bathrooms are open weekdays until about 7:00 pm and are closed for winter (late fall through early spring).
- Trail is referred to as World Trail on Luxemburg Village Hall website (www.luxemburgusa.com)

Please see the Kewaunee County Public Health Department's website for additional information regarding walks/runs in the area.

<http://www.co.kewaunee.wi.gov>

[Click on Departments](#)

[Click on Public Health](#)

[Click on Website](#)

[Click on Get Health Kewaunee County](#)

Parks, Trails and Outdoor Facilities

Ahnapee State Trail

920-388-7199

visitorinfo@kewauneeco.org

<http://ahnapeestatetrail.com>

- Spans about 50 miles between Luxemburg, Kewaunee, Casco, Algoma and Sturgeon Bay
- Trailhead on Main Street in Luxemburg (next to Billy's on Main)
- Trailer access and parking at Casco Junction
- Map at <http://ahnapeestatetrail.com/maps>
- 8 to 10 foot wide trail with a firm surface
- During spring, summer and fall, hikers, runners, walkers, bikers, horseback riders, horse-drawn carts and wagons share the trail.
- Well behaved dogs are allowed on trail with a maximum 8' leash.
- In winter, snowmobiles, fat bikes, cross-country skiers and snowshoers share the trail.



Physical activity requirements change depending on age...

Children Ages 3-5	Aim for activity daily	Try fun games, short walks, kicking a ball, etc.	Sports like basketball, soccer, jogging, swimming, biking. Focus on bone and muscle strengthening activity 3x per week. This includes sports like football, wrestling, track/field, and weight lifting.
Children/ Adolescents Ages 6-17	Moderate to vigorous activity	60 or more minutes daily	

St. John's Lutheran Church

700 Heritage Road, Luxemburg

920-845-5250

stjohnlux@centurylink.net

www.stjohnlux.com

Cost: Free will offering

- Gentle Plus Exercise offered for seniors which is low impact exercise that can be done sitting or standing. Class dates vary seasonally, usually occurs at 9:00 am. Contact Diane Dorner at dornordia@gmail.com
- Slow Flow Yoga classes are offered October through April by Joanne Barbiaux. Class time is Sunday evenings from 6:00-7:00 pm and suggested donation is \$3.00 per class. Please bring a yoga mat. Please contact Joanne at 920-621-2614.
- Faithful to Your Fitness—an energetic, uplifting and motivating class taught by Sandra Hanamann. Low impact, free weights, working large muscle groups—all set to music. Tuesday mornings from 5:15-6:00 am. Contact Sandra at 920-304-0044. Free will donation (\$2.00 recommended)—all proceeds will go to sponsor a child through Compassion International. Please bring 5-8lb weights.

ALGOMA

Algoma Youth Club/Algoma Parks and Recreation

620 Lake Street, Algoma

920-487-5480

<http://www.algomacity.org/parks-recreation-department/>

Algoma Youth Club on Facebook

Cost: Free for walkers. Free use of parks. Contact Parks and Recreation for other uses.

- The Youth Club gym is open for walkers Monday-Friday from 6:00 am to 3:00 pm.
- There is no fee to use the gym for walking. Walkers can use the south gym door entrance if the front door is locked.
- The gym is not available on weekends.
- The Peterson Park ice rink is free and open to the public weather permitting.
- Activities for all ages are posted on the website calendar and on Facebook.



Stick To It Fitness LLC

417 Steele Street, Algoma

920-255-2334

www.sticktoitfitness.com

Stick To It Fitness LLC on Facebook

Cost: \$75.00— Month Unlimited Classes

\$85.00—10 Class Punch Card good for 3 months
from date of purchase

\$10.00—Per Class Drop In

- Fitness Bootcamp—it is personal training in a group setting, that uses resistance training and combines it with cardiovascular exercises, plyometrics and speed drills to boost your metabolism and challenge your body to get in shape faster than traditional exercise
- Good for any age or fitness level.

Roots Yoga

400 2nd Street, Algoma

920-255-0776

[Facebook.com/RootsYogaAlgoma](https://www.facebook.com/RootsYogaAlgoma)

Cost: \$10.00 per drop-in class (package rates also available)

- Offers group and individual yoga classes
- Postures and flow are offered in layers, so you can choose to build heat or keep it cool
- From beginner to advanced

Luxemburg Village Hall

206 Maple Street, Luxemburg

920-845-2722

info@luxemburgusa.com

www.luxemburgusa.com

Cost: \$1.00 per hour per person

- Call to book the gym in advance.

Persevere Power Yoga & Barre

502 Ralph Street, Luxemburg

Perseverepoweryoga@gmail.com

Facebook—Persevere Power Yoga & Barre

Cost: \$14.00 Drop in fee

\$50.00 - 5 class pack

\$100.00—10 class pack

\$120.00 monthly fee unlimited

- Power yoga classes are flow based yoga with powerful strength moves and holds to build endurance and flexibility
- Barre classes is a combination of Pilates and ballet moves. Class is performed at the barre, on mats and/or with light weights. This class will strengthen muscles and improve coordination and balance

Luxemburg-Casco Middle School Gym/Track

619 Church Avenue, Casco

920-837-2205

www.luxcasco.k12.wi.us/schools/middle-school

Cost: Contact the business office for prices.

- To reserve the gym please use the request form on the district site.
- Track open to public after school hours and after school sports and activities.

Kirchman Chiropractic

637 Main Street, Luxemburg

920-845-5654

<http://www.kirchmanchiro.com/>

Cost: \$35.00 per month

\$30.00 per month for 3 months

\$25.00 per month for 6 months

- Various exercise equipment is available
- Open Monday, Tuesday, Thursday and Friday from 8:00 am to 5:00 pm; Wednesdays (during office hours) 8:00 am to 7:00 pm..

Algoma Community Wellness Center

1715 Division Street, Algoma

920-487-7001 ext. 4000 (Zach Blahnik)

<https://algomawolves.org/algoma-community-wellness-center/>

<https://www.facebook.com/AlgomaCommunityWellnessCenter/?ref=bookmarks>

Cost: Information available on the website or by contacting the center.

- Silver Sneakers, Optum and Silver and Fit services for seniors
- Continuum of Care Programs for Physical Therapy patients
- Personal Training to meet individual needs
- Equipment and space appropriate for all physical abilities and promote the multi-dimensional approach to wellbeing by offering workshops and classes which foster other areas of our health such as financial, spiritual and emotional
- Offers a wide range of programs and services including: weight, strength training, and cardio areas; a gymnasium for walking, playing pickleball, volleyball and basketball
- Free on-site health coaching, pain and injury consultations and group workouts
- Please use north entrance to access Center.

Shannon's Yoga Fitness

400 2nd Street, Algoma

920-737-2734

Facebook.com/yogafitnesswithshannon

Cost: Drop in for \$10.00 or \$8.00 (65+) packages are available.

- Yoga
- Zumba
- PiYo Live
- Classes for all ages.



Cross Fit920

425 Haven Lane, Luxemburg

www.facebook.com/pages/CrossFit-

920/489630621048075

Cost: \$15.00 per class

- Classes taught by Coach Ross
- Schedule varies morning and afternoon classes offered

Luxemburg-Casco High School Weight Room and Gym

512 Center Drive, Luxemburg

920-845-2336

www.luxcasco.k12.wi.us/schools/high-school

- Weight room open to the public Monday-Friday, 3:30-6:30 pm.
- Closed anytime the schools closed (holidays, snow days, etc.).



Luxemburg

Kewaunee County Sports Center (KCSC)

425 Haven Lane, Luxemburg

(Inside VanEss Concrete Flatwork/VanEss Storage)

920-255-2542

www.fb.com/Kewaunee-County-Sports-Center-KCSC-64488350563598

- Call, message or Text Mike for rental information
- Open after school, evenings and weekends
- Indoor batting/pitching cages for baseball and softball
- 3, 000 square feet of sports turf and batting nets

Small Town Yoga, LLC

425 Haven Lane, Luxemburg

www.facebook.com/smalltownyogaLUX/?ref=br_tf

Cost: \$8.00 per drop-in class

\$30.00 for 5 classes

\$50.00 for 10 classes

- Various yoga classes offered by Briel Chike
- Schedule varies morning and afternoon classes offered

Kewaunee

Kewaunee Health & Fitness

160 Terraqua Drive, Kewaunee

920-388-4961

info@kewauneefitness.org

www.kewauneefitness.org

www.facebook.com/kewauneefitness

<http://www.kewauneefitness.org/classes-1>

Costs: Single membership \$35.00 per month

Family membership \$55.00 per month

Student membership \$20.00 per month

Day Passes \$5.00 per day

Membership and day pass include access to all facilities and all classes except those noted on websites.

- Open 24/7 with member key card.
- Staffed hours: 6-11 am and 3-9 weekday and noon-6pm on weekends.
- Monthly presentations focus on health and wellness topics, usually the second and third Thursdays of the month. All presentations are free and open to the public.
- Swimming pool, gym, pickleball, circuit training, free weights, indoor track, yoga classes, water fitness classes, spin class
- January 13, 2019, February 10, 2019 and March 10, 2019 are free Sundays and open to public.
- Swimming lessons.

Kewaunee High School and Grade School Buildings

911 Third Street, Kewaunee

920-388-2951

- Buildings open from 4:00-6:00 pm Monday through Thursday for walking only
- Track available for exercise-weather permitting. There will be a designated lane on the track for walking.
- No animals, bikes, skateboards or rollerblades permitted.

Winter Park

N3751 Ransom Moore Lane, Kewaunee

920-388-0444

www.co.kewaunee.wi.gov/section/asp?linkid=2286&locid=195

www.fb.com/WinterParkKewauneeCounty

www.visitkewauneecounty.com/events/2018-01/winter-park-open-2018-01-05

- 27-Hole Disk Golf Course
- Hiking
- Mountain Biking
- Skiing
- Snowboarding
- Snow tubing
- Snowshoeing
- 24-hour recreation hotline: 920-388-7199

Kali's School of Dance

210 Ellis Street, Kewaunee

920-265-8505

kalikarnopp@hotmail.com

<https://www.kalischoolofdance.com>

Facebook: <https://www.facebook.com/kalis-school-of-dance-3373992742881>

Cost: \$250.00-\$325.00 depending on age/class
Payment plans available.

- Tap
- Ballet
- Jazz
- Checkout website for classes and schedule

Tumble-Tastic Gymnastics

Taught at Kali's School of Dance

920-493-7088—Amanda Stoeger

stagz115@gmail.com

Cost: \$50.00-\$60.00 depending on age/class

- Tumbling and Elite Pros
- Variety of ages (1-10)
- To register, contact via telephone and email